

IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES

Best Carb Choices for Low-Glycemic Eating and Healthy Blood Sugar Levels



Instead of...

White rice

White potatoes (including fries and mashed potatoes)

Regular pasta

White bread

Sugary breakfast cereal

Instant oatmeal

Croissant or pastry

Try these high-fiber options...

Brown rice or wild rice

Sweet potatoes, yams, winter squash, cauliflower mash

Whole-wheat pasta

Whole-wheat or whole-grain bread

High-fiber breakfast cereal (Bran flakes, regular cheerios, etc.)

Steel-cut oats or rolled oats

Whole grain English muffin



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